

Coach Training Session October 2024 – Chat

00:16:06 Sarah Galea-Pace: Yes

00:16:46 Tianne Watson: I was wondering if we are supposed to email in the October homework this week or do we turn it in at the end with the organizer?

00:18:30 Sarah Galea-Pace: Do we need to read both books (apart from first book in previous course) by the end of educator course please?

00:19:02 Marta Khader: Hi Tianne, If you can keep up and submit the homework each month, great. And if you need to submit it late, that is also fine.

00:19:15 Ósk Dagsdóttir: Reacted to "Hi Tianne, If you ca..." with 👍

00:20:29 Peggy Toy: Marta, I think the organizer said to turn in the HW at the end of the training. Is that correct?

00:22:17 Marta Khader: Hi Peggy, Yes you will create one document with all your homework at the end and turn it in with the organizer.

00:23:24 Peggy Toy: Thank you!

00:23:33 Sarah Galea-Pace: Thanks

00:24:45 Marta Khader: Beth Peterson: administrator@ahaparenting.com

00:25:08 Marta Khader: Oops, I'm sorry, It's administrator@peacefulparenthappykids.com

00:26:09 Sarah Galea-Pace: I noticed that office hours are saved as topics in one area and individual sessions in another place. Are they the same sessions, just grouped in themes?

00:27:40 Marta Khader: Q&A Audio Library
<https://courses.peacefulparenthappykids.com/membership-audio-library>

00:27:43 Sarah Galea-Pace: Oh sorry...yes, that's the ones

00:27:58 Sarah Galea-Pace: Confusing them with office hours

00:28:04 Sarah Galea-Pace: Thanks for clarifying

00:31:39 Ósk Dagsdóttir: Slowly

00:31:45 Linnea Petsonk: By experience

00:31:49 Ósk Dagsdóttir: By making mistakes

00:32:02 Zuzana Gelfand: by opening up to it

00:32:17 Martyna Hempel: by challenges

00:32:17 Natasha Coombs: Learning from mistakes

00:32:18 Ósk Dagsdóttir: By moving through emotions

00:32:24 Katharine Talbot: Noticing the areas you want to grow and putting energy there

00:32:47 Ósk Dagsdóttir: Support

00:32:51 Katharine Talbot: Safety and warmth

00:32:56 Ósk Dagsdóttir: Self-compassion

00:32:57 Sarah Galea-Pace: State of openness and calm

00:44:47 Katharine Talbot: I find remembering stop, drop and breathe super helpful!

00:45:50 Jennifer Ellis: I've been finding using a mantra like "this is not an emergency!" very helpful

00:53:49 Ósk Dagsdóttir: If there are any resources on what Marta shared I would love to see those and understand better how those different things affect

00:53:56 Ósk Dagsdóttir: Affect and what is needed

00:54:07 Martyna Hempel: Reacted to "Affect and what is n..." with 👍

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00:59:09 Ósk Dagsdóttir: Reacted to "Screenshot 2024-10-17 at 4.49.24 PM.png" with ❤️

00:59:12 Michelle Deles: Reacted to "Screenshot 2024-10-17 at 4.49.24 PM.png" with ❤️

00:59:25 Linnea Petsonk: Reacted to "Screenshot 2024-10-17 at 4.49.24 PM.png" with ❤️

00:59:32 Natasha Coombs: Reacted to "Screenshot 2024-10-17 at 4.49.24 PM.png" with ❤️

01:00:44 Ósk Dagsdóttir: Thank you Marta, do you have anything on how to deal with each of those? This appears to be gold ;)

01:00:45 Martyna Hempel: Reacted to "Screenshot 2024-10-17 at 4.49.24 PM.png" with ❤️

01:01:24 Khadeeja Zahir: Reacted to "Screenshot 2024-10-17 at 4.49.24 PM.png" with ❤️

01:02:28 Marta Khader: Dr. Laura did a fantastic three-part series on Polyvagal-Informed Parenting: <https://www.peacefulparenthappykids.com/read/polyvagal-informed-parenting>

01:03:14 Ósk Dagsdóttir: Reacted to "Dr. Laura did a fant..." with ❤️

01:03:25 Michelle Deles: Reacted to "Dr. Laura did a fant..." with ❤️

01:03:32 Linnea Petsonk: Reacted to "Dr. Laura did a fant..." with ❤️

01:04:37 Marta Khader: I realize that taking another course at this time likely feels overwhelming but if you're looking for practices I highly recommend this course from Daily Om. <https://www.dailyom.com/courses/heal-yourself-with-polyvagal-therapy/>

01:05:05 Linnea Petsonk: Thank you for all these great resources!

01:05:11 Ósk Dagsdóttir: Thank you, perhaps later

01:05:17 Khadeeja Zahir: Reacted to "Dr. Laura did a fant..." with ❤️

01:05:27 Ósk Dagsdóttir: Reacted to "I realize that takin..." with ❤️

01:05:38 Xenia Reichelt: Reacted to "I realize that takin..." with ❤️

01:05:44 Xenia Reichelt: Reacted to "Dr. Laura did a fant..." with ❤️

01:13:03 Sarah Galea-Pace: Reacted to "Screenshot 2024-10-17 at 4.49.24 PM.png" with ❤️

01:15:38 Sarah Galea-Pace: Yes it's great. Thank you

01:15:49 Sarah Galea-Pace: Reacted to "I realize that takin..." with ❤️

01:15:56 Sarah Galea-Pace: Reacted to "Dr. Laura did a fant..." with ❤️

01:17:38 Sarah Galea-Pace: I would like to

01:18:23 Tianne Watson: I would like to, but I'm feeling very nervous about starting it, finding people, and struggling still with imposter syndrome, where I feel like I am barely figuring this out.

01:18:59 Thu Huynh: I'm in the workbook group with Renee on Thursday 9pm and it's amazing!! 🥰

01:19:05 Sarah Galea-Pace: How do you get involved in them?

01:20:46 Marta Khader: I completely understand Tianne. I did my first book group with 3 very kind friends so that I could just practice. I also reached out to my children's school and did

a 2-part lecture series there to parents I mostly knew which really took the pressure off. Start with your circle and community and then you can offer it to a broader audience.

01:21:11 Linnea Petsonk: Reacted to "I completely underst..." with ❤️

01:21:12 Zuzana Gelfand: Reacted to "I completely underst..." with ❤️

01:21:16 Michelle Deles: Reacted to "I completely underst..." with ❤️

01:21:20 Xenia Reichelt: Reacted to "I completely underst..." with ❤️

01:21:28 Eileen Fauver: Reacted to "I would like to, but..." with ❤️

01:21:33 Eileen Fauver: Reacted to "I completely underst..." with ❤️

01:23:17 Marta Khader: Hi Sarah, We have already had 3/6 sessions but if you would like to join halfway through, reach out to Dajana at dajana@peacefulparenthappykids.com I believe there is still space in some groups including mine which meets at 5pm Eastern on Fridays.

01:27:06 Marta Khader: <https://www.amazon.co.uk/Calm-Parents-Happy-Kids-Stress-free/dp/0091955203/>

01:27:14 Michelle Deles: Reacted to "https://www.amazon.c..." with ❤️

01:27:30 Michelle Deles: Thank you for the link.

01:37:12 Marta Khader: I believe it's in Week 10: Healing Your Triggers.

01:37:18 Martyna Hempel: Reacted to "I believe it's in We..." with 👍

01:38:13 Natasha Coombs: Trauma: It's also in the Workbook - Page 61

01:39:32 Ósk Dagsdóttir: Thank you. I just feel the workbook and course focus on it for parents but I was more wondering on how to meet children with it, in terms of they may not be developmentally or neurologically in the same place as most kids

01:42:33 Linnea Petsonk: Will we have time for the Questions for parents?

01:46:27 Peggy Toy: Thank you, Dr. Laura for holding the light for us all.

01:46:53 Katharine Talbot: Reacted to "Thank you, Dr. Laura..." with ❤️

01:47:17 Linnea Petsonk: Reacted to "Thank you, Dr. Laura..." with ❤️

01:47:59 Xenia Reichelt: Reacted to "Thank you, Dr. Laura..." with ❤️

01:48:26 Michelle Deles: I am so happy to journey with all of you. Such an awesome experience this morning. Thank you Dr. Laura for creating this space for all of us.

01:48:31 Jennifer Ellis: Reacted to "Thank you, Dr. Laura..." with ❤️

01:48:34 Missy Crotty: Reacted to "Thank you, Dr. Laura..." with ❤️

01:48:40 Linnea Petsonk: Thank you so much!

01:48:41 Katharine Talbot: Thank you Dr Laura I've learnt a lot tonight - thank you everyone!

01:48:55 Thu Huynh: Reacted to "Thank you, Dr. Laura..." with ❤️